Dear Dave, 4/19/92

I've written you before for the information of your two doctors to be after Liz told you about a particularly shocking case in NYC, reporting some of my experiences. The attached letter to the local neurologist may interest you and them.

When quite some months ago I became concerned that at my age and for the conditions of my health and I grew more concerned about my inability to stay asleep after 4-5 hours I spoke first to the cardiologist, Barakat. He told me to take Nytol. I got it, read the label and returned it because it is contraindicated for those with a prostate condition. I've had surgery for that. Then telling him about this, I asked the family doctor, Hickey. He gave me a prescription for a relatively costly medication I got filled when I left his office. I was certain that although he'd told me not to worry about the Nytol caution he'd take no chances but to be cautious ourselves. I checked it and lo! the same warning. When I told Hickey about that he told me not to worry about that, those cautions were excessive and provided to protect the manufacturer. Maybe so but I did not take it.

Both knowing full well about my sleep disorder, neither recommended that I have the usual tests for sleep disorder.

I was referred to Konrad Bakker, a neurologist. In his waiting room I noticed that he and an associate have a sleep disorder clinic at the Seventh Day Adventist' Shady Grove Hospital, near Gaithersburg, about half-way between here and D.C. So, I asked Bakker about sending me there, he agreed and made the arrangement. That is how I learned I have the sleep apnea the family doctor and the cardiologist have ignored for a year or so although what I reported to them, as I've since learned, are typical symptoms of it.

Although I think I did not mention it in this letter to Bakker I did tell him that I had twice been told to take what I should not take because of the prostate condition. Moreover, I gave him a complete medical history.

He then prescribed a potentially dangerous drug that all sources says is not indicated for those with any difficulty urinating and the cardiologist told him it is safe for me when the Physian's Desk Reference says the exact opposite.

Bakker told me he believes that the three events the family doctor said were probably transitory ischemia were probably small strokes yet he prescribes a medication that seems to have caused stroke!

No wonder malpractise insurance is so costly! Malpractise causes those costs!

Best,

Harold